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N E W S L E T T E R

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Dr. Hunninghake's top ten herbs

by Richard Lewis

Ron Hunninghake, M.D., presented the top ten herbs in a Lunch and Lecture recently as part of a continuing series on herbs. Actually, he called it "Herbal Medicine 102."

The American Indians used echinacea more than any other plant for illness and injury.

In Herbal Medicine 101, he gave an introduction to the history and medical use of herbs. Both 101 and 102 were given as programs for physicians and nurses during Grand Rounds at a local hospital. They were well attended as was the Lunch and Lecture where he gave a great deal of information—more than can be covered here. Here are some of the highlights.

1. Garlic. Garlic is a member of the lily family with each garlic bulb made up of several pungent cloves. Cooking garlic reduces its pungency as well as making it less potent medicinally.

Garlic has been used as a medicine for over 5000 years. The Egyptians used garlic for hypertension, headaches, worms, and tumors. Hippocrates, the father of modern medicine, prescribed garlic for cough, toothaches, dandruff, diarrhea, and vaginitis.

Garlic is prescribed for chronic bronchitis and recurrent infections, intestinal bacterial growth, parasite and candida overgrowth, high cholesterol, diabetes, hypertension, and ischemic heart disease.

Clinical research suggests 10 mg of allin a day (allin is the most effective

ingredient in garlic) is a good dose or a clove of fresh garlic a day. Garlic is nontoxic, but can irritate the gastrointestinal tract of some people.

2. Echinacea. Echinacea is often called the immune stimulant. It comes from the purple cone flower native to the Midwestern area of North America. The entire plant is used from the tip of its flower to the end of its four-foot root.

The American Indians used echinacea more than any other plant for illness and injury. Echinacea was included in the National Formulary of the U. S. until 1950.

Echinacea is used clinically primarily for infections. It also is used for the common cold and flu, wound healing, snake bite, arthritis, and can even offset the immune suppression caused by chemotherapy and radiation used in cancer treatment.

Freshness may affect potency. The most available form is a dry powder extract standardized to 3.5% echinacoside, the active ingredient.

3. Cayenne. Cayenne is used as a pain reliever. This may be hard to believe. Cayenne is a red hot chili pepper with the scientific name of capsicum annuum. Capsaicin is the active compound.

Cayenne has been used for asthma, fevers, sore throat, upper respiratory infections, digestive disorders including ulcer, poultices, and cancer.

Pharmacologically, cayenne is a dry powder that is a powerful antioxidant used in reducing platelet aggregation. Topically, it first stimulates and then blocks pain fibers.

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Health is more than one nutrient

"To see health maintenance through the lens of a particular product is patently absurd because human physiology is so complex, a result of evolutionary co-development with millions of compounds, many of which we ingest," wrote Milos Sovak, M.D., recently in the *Journal of Medicinal Food*.

Most research today is done on just one nutrient or one drug with a single dose given for all. This, Hugh Riordan, M.D., points out, is like research was carried out in the pre-computer era when it was only possible to have one variable in a research project. Research is still carried on with this model even though human beings do not work with one variable, as Dr. Sovak pointed out.

"We are much like a Hammock of Health. When one rope of the hammock is cut, others tend to fill in for it. But, when several ropes are cut, when we are short of several nutrients, the hammock can no longer hold us and we fall through to sickness," Dr. Riordan suggests. [H]

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Nutritional Medicine

by Ron Hunninghake, M.D.

The reliability of herbs

Do you ever recall taking a sip of coffee and thinking to yourself: "This coffee has just stopped working!" or: "I'm gonna stop buying chili sauce...it's just not hot anymore!"?

Culinary herbs and spices are amazingly consistent in their functionality, so much so that the above statements are a bit ridiculous. Yet, it has become fashionable to question the reliability of medicinal herbs. Certainly, unscrupulous companies could indeed dilute their echinacea product with cheap, low potency parts of the plant, and thus contribute to an ineffective product. How would the unwary customer know? Many forms of ginseng exist. Young, cultivated plants have significantly lower concentrations of the bioactive ginsenosides than older plants found growing in the wild. This cheaper ginseng could lead consumers or unwary scientists to conclude that all ginseng products are ineffective.

The issue of contamination of herbal products is a potential hazard. Places like Mexico still allow DDT to be used. The commercial growing of herbs could involve the spraying of significant doses of this and other pesticides. Of course, vegetables and fruits shipped in from such countries pose the same risk. Willful and criminal spiking of licorice root extract with cortisone

has also been reported, though this is thought to be a very rare occurrence.

Ephedra is perhaps one of the most controversial herbs, not because of poor reliability but poor judgment on the part of some users. Teenagers, seeking a cheap high, may take 10 or 20 capsules containing ephedra (or ma huang) instead of the correct dose of just one. Cardiac patients, unaware of their increased risk of arrhythmias, will casually start ephedra as a quick weight loss program. Calls for removal of the herb from store shelves have been made. Are we also going to ban coffee, which can also exacerbate cardiac arrhythmias?

America is rediscovering the medical potential of herbs. But we are like adolescents learning to drive. It is exciting...but potentially dangerous if unsupervised. Like the Germans, we need a regulatory body like Commission E to serve as our Driver's Ed, while we get to know the real utility of medicinal herbs. In the meantime, get to know the parent companies of several herbal products, like Celestial Seasonings. These are companies who have a name to protect. They are the most likely companies to provide safe and effective herbal products that will reliably help you promote plant-based health, which after all, was the first medicine. 

Herbs—Continued from page 1

Cayenne is FDA approved for post-herpetic neuralgia, or shingles. It is also used for trigeminal neuralgia and post mastectomy pain. Clinically, It has been used for cluster headaches, arthritis (57% reduction in rheumatoid pain), psoriasis, and diabetic neuropathy.

Use cayenne in your diet. In addition, you can use 0.025% to 0.075% capsaicin creams on the skin for pain. It is generally recognized as safe to use.

4. St. John's Wort. St. John's wort is a mood enhancer. It grows as a shrubby perennial with bright yellow flowers common to Northern California. St. John's wort has a long history in Europe where the herb is widely respected.

The flowering tops of the plant are used to make an extract. It is used as an antidepressant and an antiviral for herpes simplex 1 and 2, influenza types A and B, and Epstein-Barr virus. It is also an antibacterial used for Staph aureus, Strep mutans, Proteus, E. coli, and Pseudomonas.

St. John's wort is primarily used as an antidepressant with 26 double blind, placebo-controlled studies backing it up. St. John's wort extract must be standardized to contain 0.3% hypericin. The only side effect is you may get a sunburn if you are out in the sun while taking a very high dose of St.

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John's wort. Stop using St. John's wort or any other herbal several days to weeks prior to anesthesia.

5. Ginseng. Ginseng is the most famous medicinal plant of China. It restores Yang qualities. Yang is the masculine, active principle while Yin is the feminine, passive principle. Ginseng has been used for almost every conceivable ailment in China.

Ginseng, like many herbs, has an adaptogenic activity. Adaptogenic means that in those people with low laboratory readings, the herb will boost these readings. It will reduce the readings in those with high readings.

Ginseng is used to combat fatigue and stress. It also helps diabetics, is a macrophage activator, enhances hepatic protein synthesis in the elderly, normalizes blood pressure, speeds recovery from illness, and is an immune system enhancement.

The majority of ginseng products only contain a trace of ginsenoside, the active ingredient. An effective preparation must contain 10 mg of ginsenoside. A high quality preparation contains 200 mg.

6. Ginkgo. Ginkgo is a memory enhancer. It is the #1 selling herbal preparation in France and Germany. In 1989, over 100,000 physicians wrote over 10 million ginkgo biloba extract prescriptions.

Ginkgo biloba is the world's oldest living tree species. Ginkgo's use dates back to 2800 BC in China.

Today, ginkgo biloba is standardized to a concentration of 24% ginkgo heteroside content. Over 300 studies worldwide support the herbal synergism of ginkgo biloba extract.

It is a potent antioxidant that stabilizes cell membranes. It enhances oxygen and glucose utilization, improves blood flow, combats vascular spasms, and aids in the dynamic clearing of toxic metabolites of the heart.

Over 50 double-blind studies have demonstrated its favorable use in chronic cerebral arterial insufficiency. Ginkgo also improves memory, vertigo, headache, tinnitus, drowsiness, and depression. It is helpful in peripheral vascular diseases and inhibits the

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HEALTH HUNTERS AT HOME

Finally, vitamin therapy lowers plasma homocysteine, sort of

As you may know, Kilmer McCully, M.D., first wrote in 1969 that homocysteine in the blood was a major contributor to heart disease. He also said that taking vitamin B12 and folic acid would reduce homocysteine and heart disease.

The young Dr. McCully was rewarded for this research by having his tenure revoked and being asked to leave Harvard. He continued his research with the Veterans Administration.

Now, 32 years later, *The Journal of the American Medical Association (JAMA)* published an article recently titled "Cost-effectiveness of Vitamin Therapy to Lower Plasma Homocysteine Levels for the Prevention of Coronary Heart Disease." Quite a title and an interesting research article.

The subtitle was "The Effect of Grain Fortification and Beyond." The writers of this article looked at the effects of cereal grain fortification with vitamin B12 and folic acid. The researchers showed that grain fortification would reduce coronary heart disease (CHD) deaths by 13% in men and 8% in women. For so simple a project, these are good results.

They further estimated that if all patients with CHD would take just 1 mg of folic acid and 0.5 mg of vitamin B12 as supplements, these vitamins would prevent 310,000 deaths from CHD over 10 years. This is in addition to grain fortification.

"The estimated absolute reduction in deaths would be greatest in the older age groups in whom mortality from CHD and initial homocysteine levels tend to be higher," the researchers continued.

This is good news. A small dose of vitamin B12 and folic acid would actually have that much an effect on CHD deaths. And, the cost is low, according to the researchers.

The researchers further wrote, "Therapy with folic acid and [vitamin B12] may also decrease the incidence of pernicious anemia, dementia, and other clinical manifestations of defi-

ciency of these vitamins." They acknowledge that the two vitamins may work for conditions other than CHD.

In short, vitamin B12 and folic acid don't work like drugs. Drugs are used to work with sickness. Vitamins encourage health. They work by nourishing every cell in the body so that you feel better all over while reducing homocysteine in the blood stream.

The researchers also found during this study that vitamin B12 and folic acid caused no problems when they were supplemented at these levels. The vitamins are water-soluble "with very low potential for adverse effects," they added. Not only are vitamins not expensive, but they are safe to use as well.

"Clinical trial data demonstrate that homocysteine levels can be lowered by inexpensive and safe doses of folic acid and [vitamin B12]," the researchers continued. In this study, the researchers cited 99 studies starting with Dr. McCully's 1969 study that appeared in the *American Journal of Pathology* and ending with one from the Cambridge Heart Antioxidant Study that was published in *Lancet*, the leading British medical journal. This study was well researched.

The researchers concluded with this statement, "since combined therapy with folic acid and [vitamin B12] is well tolerated, it is reasonable to consider routine therapy in men older than 45 years and women older than 55 years." They really believe that folic acid and vitamin B12 will help people with CHD.

One would expect to find this type of nutrient rich information in a holistic medical journal or magazine. But here it is in *JAMA*, a journal of the American Medical Association.

It brings to mind that if the medical community had listened to Dr. McCully 32 years ago instead of dumping him so unceremoniously, how many people would have lived longer who died of coronary heart disease? ☐

—Richard Lewis

INFORMATION WORTH KNOWING

A great number of major discoveries have come about because someone made a connection between two cases of similar symptoms. To make it a little more difficult the cases might have been many years apart. Dr. Kilmer, a Harvard-trained physician and researcher, noticed such a connection and describes where that clue led in his book, *The Homocysteine Revolution*. Moving beyond cholesterol, he developed a bold approach to the underlying cause and prevention of heart disease involving one of the amino acids. This month the questions are taken from his book.

1 Arteriosclerosis was first noticed in _____. This discovery was made when the human body was dissected.

- a. the 10th century
- b. the 16th century
- c. 1850
- d. 1920

2 Even in this early period, the observers noticed that there was a relationship between arteriosclerosis and _____.

- a. their hometown
- b. social standing
- c. birth order
- d. all the above

3 In 1922, a professor of medicine and clinical researcher at the University of Michigan School of Medicine began a research program. He found that the higher the protein content of the diet, the sooner and more severe the arteriosclerotic changes were in rabbits.

- a. True
- b. False

4 Early studies found that a relationship between sugar, white flour, and protein from foods of animal origin correlated with the incidence of arteriosclerosis. A more detailed examination of the diet revealed a correlation between consumption of _____ and protection against arteriosclerosis.

- a. sugar
- b. unsaturated oils
- c. saturated oils
- d. all the above

5 Risk factors for the development of arteriosclerosis include familial diseases of cholesterol and lipoprotein processing, diets containing abundant fats, sugars, and animal protein, and _____.

- a. age
- b. male gender
- c. postmenopausal status for women
- d. all the above

6 In the homocysteine approach to reduction of arteriosclerosis, the underlying cause of the disease is interpreted as an imbalance between the methionine of dietary protein and the dietary intake of vitamins B6, B12, and folic acid.

- a. True
- b. False

7 Homocysteine is derived from methionine, a normal amino acid building block of all proteins in the diet. This derivative of a normal amino acid can damage _____ if allowed to accumulate excessively in the body.

- a. artery walls
- b. our internal clock
- c. our eyes
- d. all the above

Herbs—Continued from page 3

mediators of asthma and allergies.

Ginkgo must be used for 12 weeks to see clinical results, though some people see results in two or three weeks. Ginkgo should be used with great caution in anti-coagulant patients.

7. **Saw Palmetto.** Saw Palmetto is the prostate-normalizing herb. It comes from the *Serenoa repens* berries, a small West Indies palm. The active ingredient is a 1.5% fruity smelling oil composed of free fatty acids and sterols.

Benign Prostatic Hypertrophy (BPH) is caused by excessive testosterone being converted to dihydrotestosterone (DHT). DHT stimulates excessive prostatic cellular growth.

Saw Palmetto inhibits the change of testosterone to DHT and DHT's intracellular binding and transport. There are 12 clinical studies that demonstrate the efficacy of Saw Palmetto in BHP.

Use the fat-soluble Saw Palmetto extracts that are standardized to contain 85% to 95% fatty acids and sterols. A good dose is often 160 mg. a day.

8. **Ginger.** Ginger is a nausea-controlling herb. It is a tropical herb, with Jamaica producing and exporting about two million tons each year. Ginger, available in the grocery stores, contains sesquiterpenes and the pungent gingerols. The fresher the ginger, the higher the content of gingerols.

The oldest known medicinal use of ginger was the Chinese in the fourth century BC. They used it for stomach-ache, diarrhea, nausea, cholera, hemorrhage, rheumatism, and toothaches.

A potent antioxidant, ginger inhibits prostaglandins, thromboxane, leukotrienes, and platelet aggregation. It lowers cholesterol by reducing cholesterol absorption, enhancing the conversion of cholesterol to bile, and then increasing the secretion of bile.

In research they use one gram daily, while in India the average consumer takes from eight to ten grams per day. Try taking one to two grams daily for nausea or motion sickness and don't be afraid to increase it.

9. **Licorice.** Licorice is the adrenal booster. Regarded as a blood purifier, licorice is the most popular component of Chinese medicine for peptic ulcers,

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• FOR ANSWERS, SEE PAGE 7 •

asthma, pharyngitis, malaria, abdominal pain, insomnia, and recurrent infections.

From a pharmacology standpoint, licorice is known for its estrogenic effect (high isoflavone content), aldosterone-like characteristics (increases half-life of cortisol, aldosterone, progesterone), cortisol-like characteristics (it can paradoxically blunt cortisol), and anti-viral effects (induces interferon).

In clinical applications, licorice is used for the common cold, HIV/AIDS, hepatitis, premenstrual syndrome, Addison's disease, inflammation, peptic ulcer, canker sores, eczema and psoriasis, and herpes simplex. It is antibacterial, anti-convulsive, anti-cancer, anti-tussive, anti-hepatotoxic, and stimulates bile flow. Watch for aldosterone-like side effects with too much licorice. Dr. Hunninghake advises a high potassium/low sodium diet to neutralize these side effects.

10. Kava Kava. Kava Kava is an anxiety-relieving herb. The root stalk of this pepper-related plant is used medicinally.

Kava Kava was first discovered in 1768 by Captain James Cook during a trip to the south Pacific. These cultures had no alcoholic beverages prior to the 18th century so they had to rely on herbal teas. A pleasant sense of tranquility and sociability comes from drinking Kava.

Kavalactones are the active ingredient of Kava Kava. Effects include a sedative, an analgesic, an anticonvulsant, and a muscle relaxant. Unlike other drugs used for anxiety, Kava kava does not induce a tolerance to itself. In addition, kava kava has been shown to improve vigilance, memory, and reaction time, and does not induce depression or sedation.

Use a kava extract standardized for kavalactones of about 70%. For anxiety, 45 to 70 mg three times a day. For sleep, take 180 to 210 mg one hour before bedtime.

These are Dr. Hunninghake's ten top herbs. If you want to learn more about the top ten herbs, you can get the video tape from The Center. It is called "Herbal Medicine 102." [H]

Herbal History

Puccoon, *Lithospermum incisum* Lehm

Puccoon is an Indian word given to dye-yielding plants. It is a small perennial plant that grows from three inches to one foot tall with woody stalks, small lance shaped leaves and sprouts into stems at the top flowering at the ends. The plant grows on dry prairies, open woods, and disturbed sites.

The yellow flowers are made up of five fused pedals that look like a trumpet. It flowers from April to June.

The Native Americans used the leaves, roots, and stems for medicinal purposes. The Omaha and the Chipewas used the purple dye made from the root stock for various purposes.

The Lakotas used the puccoon to treat hemorrhaging of the lungs. They also made a powder from the roots for chest wounds.

The Kiowa-Apaches made a tea from the roots to cure various stomach problems and diarrhea. To accomplish

this, they dug mature plants and used pieces, either fresh or dried, then pounded them. This medicine was reported to have a sweet flavor.

The Cheyennes ground the dried leaves, stems, and roots into a powder to treat paralysis. When rubbed on the paralyzed limb, the powder acted as a counter irritant and caused a prickling sensation. When the fresh leaves were used, the leaves were wrapped in cotton cloth and crushed by the teeth before rubbing on the affected part.

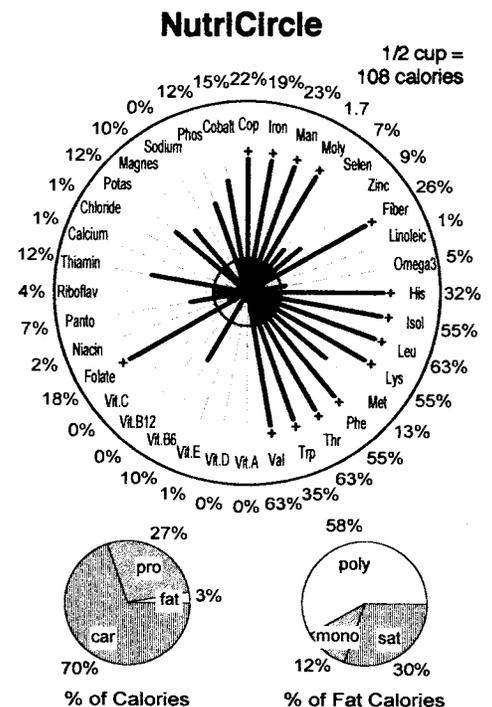
They also used the puccoon for a salve made from the powdered and moistened leaves and stems for rheumatic symptoms. Since they believed that it was important to keep this salve on the patient at all times, several applications were used.

From this brief summary, it is easy to see that the puccoon was a valuable plant to the Native Americans. [H]

Food of the Month

by Donald R. Davis, Ph.D.

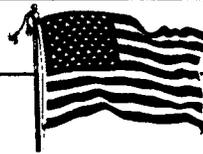
LIMA BEANS (butter beans) are native to South America and get their name from the capitol of Peru. Immature or baby lima beans are green and often served like a vegetable. Mature beans (shown here) are white and commonly used in succotash, soups, and casseroles, or mashed like potatoes. Of 36 nutrients shown here, 26 are adequate compared to calories. A half-cup serving has 10% to 63% of the RDAs for vitamin B₆, folate, thiamin, potassium, magnesium, phosphate, copper, iron, manganese, fiber, and all 9 essential amino acids, plus a little omega-3 fat. Baby limas also have small amounts of vitamins A and C.



The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right). [H]

Mental Medicine

by Marilyn Landreth, M.A.



Uncertain times

When the airliners hit the twin towers of the World Trade Center, they toppled more than the buildings. It reminded us again that life is very fragile. It reminded us that we sometimes spend a great deal of time doing something that has no value to our lives. It also brought fear into our lives—fear of the future and fear of the unknown.

We have seen firefighters, law enforcement, and everyday citizens doing courageous deeds. Brian Tracy said, *Courage comes from acting courageously on a day-to-day basis.* We are all going to need a great deal of courage in the days, weeks, months, and years to come.

Our nation has faced fear in the past and become even stronger. We will also survive this time of challenge. Eleanor Roosevelt said, *You gain strength, courage and confidence by*

every experience to which you really stop to look fear in the face. You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along." You must do the thing you think you cannot do.

Now is the time to talk to our senior citizens and find out where they found the courage to deal with all the times in history that they have looked fear in the face: World War II, Korean Conflict, Cuban Crisis, and the assassinations of many of our leaders, to name a few. I imagine that they will say they did not shy away from the problem, did what they could do to support their country in time of need, and took it one moment at a time.

Mark Twain said, *Courage is the mastery of fear—not absence of fear.* What do you need to find the courage to deal with these uncertain times? 

CENTER UPDATE

Antioxidants battle Alzheimer's disease

We have known for years about the positive effects antioxidants, such as vitamin A, C, and E, have in working in the body. Recently, an article in *Nutrition Reviews* by Mohsen Meydani, DVM, Ph.D., surveyed the literature to find out if antioxidants slow the development of vascular dementia and Alzheimer's disease.

"Brain tissue is susceptible to oxidative stress,...oxidative injury is believed to play an important role in the generation of several neuronal disorders, including cerebral ischemia, seizure disorders, Alzheimer's disease, Parkinson's disease...," Dr. Meydani wrote.

As more Americans become older, this becomes an increasing problem. The elderly population is expected to be more than 50 million people by 2020. Because oxidative stress is believed to be the major factor in the decline of brain and thought function, now is the time for antioxidant remedies.

"Evidence indicates that antioxidant activity of neuronal tissue is reduced with age," Meydani added. For

instance an amyloid appears to be a significant factor in developing Alzheimer's disease. Further, this amyloid becomes radicalized, producing superoxides and hydrogen peroxides which in turn cause membrane lipid oxidation and neuronal cell death. Several oxidation products have been identified in Alzheimer's disease.

In one study, researchers found that vitamin E proved to reduce amyloid toxicity in the brain and amyloid deposits in the kidneys of aged animals fed a casein-based diet. In another study, the researchers found that vitamin E significantly lengthened the time before certain outcomes occurred, such as institutionalization and severe dementia.

"The findings from this study were encouraging and ongoing clinical trials will further confirm vitamin E's efficacy in the prevention of this disease," Meydani wrote.

Vitamin E and other antioxidants have shown great success in working with Alzheimer's disease. 

Case of the month

A 65-year-old man came to The Center complaining primarily of candida problems which he had had for 10 years. He also had fibromyalgia, headaches, and his memory was not as good as it used to be, although candida was his primary concern.

He had a magnesium injection the first day and was instructed to call in two days to let the nurses know if he felt better, worse, or stayed the same. He also received a prescription for Nystatin capsules for his candida.

In three weeks, he came back to learn what the laboratory results were and what he could do to improve the low tests. He received selenium to help his low selenium test, Pepto Bismol for a borderline H. Pylori test, Zinc Boost for high urine pyrrole levels, Emergen C for low vitamin C levels, and Super EPA for low fatty acids.

He had an excellent response to the magnesium injection and with a low magnesium test, he continued on the magnesium injections once a week.

Dr. Hunninghake increased his candida program with Nystatin, biotin, Vitadopholis, and olive leaf extract and added Fibroplex to his regimen. He also started taking Niacinamide in the evenings and occasionally in the mornings for low blood sugar.

For the first year and into the second, he continued to take the magnesium injections once a week until October of 2000 when he began taking them every two or three weeks. Then it became every month. Now it is on an as needed basis and he has not been here for a magnesium injection since the middle of May, 2001.

He came in August, 2001 and said his yeast was better and he is feeling better than when he was on Nystatin. He is thinking better also, and it is nice that the candida is lower. The MSM plus the magnesium is helping him sleep better. His muscles, knees, and hands are considerably better. He is helping his son three or four days a week and he feels better in general. 

Answers from page 4

- 1 a. Leonardo da Vinci is generally credited with the first dissection of the human body in the 15th century. Andreas Vesalius, the founder of modern human anatomy was the first to notice abnormalities in the aorta and artery branches.
- 2 b. The ones with the most abnormalities were found to be from the wealthy classes.
- 3 a. Newburgh and his associates prepared lean beef muscle that was dried, powdered and extracted with solvents to remove all traces of fat and cholesterol.
- 4 b. Unsaturated oils from plant foods or fish were seen to be protective.
- 5 d. Other risk factors include smoking and other toxins, hypertension, diabetes, hypothyroidism, and lack of exercise.
- 6 a. These nutrients are necessary to prevent homocysteine accumulation in the cells and tissues of the body.
- 7 a. The level of homocysteine in the blood is controlled by the action of B6, B12, and folic acid. 

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 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

HOMOCYSTEINE REVOLUTION

by *Kilmer S. McCully, M.D.*

For several years the medical profession has focused on cholesterol as the culprit in the formation of arteriosclerosis, a hardening and stiffening of arteries throughout the body. Dr. Kilmer has written how he has discovered what he believes is the connection between homocysteine and arteriosclerosis. Softcover.

Retail Price: \$14.95
 Health Hunter: \$13.46

ADD/ADHD: An Integrated Approach Requiring Less Medication

with *Michael J. Gonzalez, Ph.D., D.Sc.* & *Hugh Riordan, M.D.*

ADHD is now the most common behavioral disorder diagnosed in children. Tens upon thousands of children are being treated with pharmaceutical stimulants for this condition. These stimulants, while changing behavior, produce an array of side effects. Dr. Gonzales presents a different approach, which has resulted in a marked reduction of symptoms in ADHD patients.

LATEST INFORMATION ABOUT THE CENTER'S CANCER RESEARCH AND ESTABLISHMENT OF RECNAAC II

with *Hugh Riordan, M.D.* & *Michael J. Gonzales, Ph.D., D.Sc.*

The Center's approach to using high dose intravenous vitamin C with or without conventional therapies is receiving increasing attention as being useful in those diagnosed with cancer. This approach, together with other therapies developed at The Center, is now being utilized in other areas of the world. Case reports and history of vitamin C therapy is presented.

HORMONE REPLACEMENT THERAPY: What Does the New Research Show?

with *Jeanne Drisko, M.D.*

Natural hormones have been used for approximately 25 years, but have not been researched in a clinical trial until recently. The University of Kansas School of Medicine has just completed the first clinical trial concerning Prempro. Find out the latest research.

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Upcoming Events...

OCTOBER				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 L & L - A New Effective Treatment for Asthma	5
8	9	10	11 L & L - Hormone Replacement Therapy - Part 2	12
15	16	17	18 L & L - Are Vegetables Still a Great Source for Basic Nutrition?	19
22	23	24	25 L & L - The Healing Power of Love	26
29	30	31		

NOVEMBER

LUNCH & LECTURES:

- 1 Getting if Off, Keeping if Off
- 8 What are Those Funny White Domes on Hillside? A History of The Center
- 15 Improve Your Energy Even Though You Are Aging

The continuing epidemics of obesity and diabetes in the United States

"The prevalence of obesity and diabetes continues to increase among U. S. adults," wrote Ali Mokdad, Ph.D., and colleagues in the *Journal of the American Medical Association*.

For instance, the researchers found both diabetes and obesity increase with reduction in education. Those having less than a high school education have the greatest level of obesity and diabetes in the nation when compared to those with a high school or a college degree. Females have a greater rate of obesity and diabetes than males.

The researchers' conclusion: more people who are obese and/or have diabetes need to increase their physical activity and improve their diet to lower both obesity and diabetes in the U.S.

- Dr. Hunnigake's top ten herbs
- Antioxidants battle Alzheimer's disease
- The reliability of herbs
- The continuing epidemics of obesity and diabetes in the United States

INSIDE THIS MONTH'S ISSUE

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